

BRIDGES

INVENTORY:

Update a room
instantly with Kaala
Custom Slipcovers **P. 2**

FASHION:

Edgy rocker style
influenced by music
career **P. 14**

ON THE SCENE:

Our best shots from
Kinsmen Telemuscle 38
P. 18

WEDNESDAY, MARCH 5, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

BECAUSE OF THE 'Y'

DEAN DODGE KNOWS FIRST-HAND
THE HEALTH AND LEADERSHIP
BENEFITS OF THE YMCA **P. 8**



FREE

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ON THE COVER PG. 8



YMCA fitness classes are aided by volunteers in the community. BRIDGES PHOTO BY MICHELLE BERG

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Artist Arthur at the Saskatoon Arts and Revolver Club for *My Favourite Place* in Saskatoon. BRIDGES PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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IN THE CITY

FEBRUARY 27, 2014 — 3:15 P.M.

Playing the blues



Blair McLeven performs at Bon Jumps during the annual Seaside Blues Festival. The festival was held at various locations throughout the city Feb. 24 to March 2. PHOTOGRAPH BY MICHELLE WILCO

YOUR FAVOURITE PLACE
Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

#MY FAVOURITE PLACE

Dialing it in at the gun range



Aerial Arthur practices at the shooting range at the Saskatoon Rifle and Revolver Club, her favourite place in Saskatoon. **BROKER PHOTO BY MICHELLE REFG**

By Sean Trembath

The Arthur sisters' weekly outings to the gun range at the Saskatoon Wildlife Federation have paid off.

What started as participation in the Saskatoon Rifle and Revolver Club's weekly Monday night kids' sessions led to international trips for top-level competitions.

Aerial, who at 16 is the eldest of the sisters, started at six, four years ago.

"I wasn't super into it at first, but

as I got better at it I started liking it more," she says about her early forays into the sport.

Over time her sisters Jillian, Aerial and Jocelyn, aged 14, 13 and 10 respectively, have followed in her footsteps.

"I'm glad they're into it, because I'm not into soccer at all," jokes Scott, the girls' dad.

They do most of their practicing at the range, with a bit of extra time put in at home.

Back of their specialists in certain types of guns: Aerial and Aerial

shoot air rifles, with Aerial also firing .22 calibre. Jillian and Jocelyn specialize in air pistols.

Aerial is the most decorated shooter, having been at 11 the highest. She has been to Australia, where she won a silver medal, and Atlanta. She will be returning to Atlanta this year and is also going to Scotland for the upcoming Commonwealth Games. She also took gold at the Canada Games in 2011.

Jillian got on the podium at the recent Saskatchewan Winter Games in Prince Albert, where she took gold

in the air pistol competition. She and Aerial also collaborated on a gold medal performance in the team competition, even though Aerial does not usually compete in pistol.

Each of the divisions has its own nuances and technique. The big gun differences are between the air-generators, where the targets are 30 metres away, and the .22 calibre, where they're 50 metres away and not upright.

"Since .22 is outside, you have the wind and weather, and all this stuff is tricky about." Other than that it's

hasn't really the same," Aerial says.

The range time put in by the sisters is evident when they step up to shoot. Their movements are precise, almost rhythmic. No motion is unnecessary.

For Aerial, taking the time to learn and do it right has turned a fun hobby into a career to see and interesting places.

"It kind of grew on me. I started getting better at it. Now I get to go places with it," she says.

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ON THE COVER

The camp was the first place that I felt valued and trusted. — Dean Dodge

#HEALTH

The faces of the new YMCA



Dean Dodge, the CEO of Saskatoon's YMCA, leads by example. Here, he participates in a yoga class. All fitness classes at the Y are taught by volunteers. ABOVE: PHOTO BY MICHELLE KING

By Jenn Sharp

You'll definitely notice the noise in Melissa Coomber-Bendish's office in Regina's downtown YMCA. Lead footsteps pound overhead. She gestures to the roof and smiles warmly, her grey blonde curls framing her face.

"At noon, it's like the entire ceiling is going to fall down. You can tell if people are heavy eaters, too," she laughs.

It's the sound of success for

Coomber-Bendish, the Y's manager of community development and childcare programs. All of those footsteps are coming from the cardio area; the treadmills are right above her office. Regina's YMCA has one of the most popular gyms in the city, with more than 16,000 members, but the noise represents concern. All 30 staff members, the Y has a large community development department that includes outreach to underserved government funds to other organizations.

At Saskatoon's YMCA, Dean Dodge greets patrons as they walk by his modest office. Dodge became CEO in September after a long career at Regina's Y and as a Grade 6 teacher. The Saskatoon Y lays slightly behind Regina in both membership and community development programs, but that's something Dodge wants to change.

He'll focus on new Canadians and childcare, while promoting the Y's healthy communities mandate.

"There's a very strong need in

Saskatoon of programs and services for older youth/young adults to make sure they're living healthy lifestyles," he says.

He'd like to see more fitness options for other cultures, and find a way to welcome recent immigrants.

The YMCA started in Montreal in 1851. It was originally a Christian association for young men to study various pursuits. By the time the Regina Y was founded in 1868 and Saskatoon in 1869, it was offering

men's fitness programs. But times change; the national YMCA has evolved with a range of community-specific programming.

NATURAL LEADER

Coomber-Bendish, 46, was destined to work at the Y.

She started out as a teenage lifeguard, then moved on to camp director at Camp To-Whistle. A born leader at 21, she managed a summer staff of 25.

I feed off that sense of responsibility.
—Melissa Coomber-Bendtsen



Melissa Coomber-Bendtsen, general manager of community development at the YMCA of Region 10. PHOTOS BY BOB HEALY

"I feed off that sense of responsibility," she says.

After getting an education degree and teaching for a year, she came back to the Y in 2002. Soon, she was the community development and child-care manager.

Twelve years ago, the department had a \$600,000 annual budget. Today, the budget is more than 36 million. It operates five childcare centers and 31 before- and after-school programs. The rest of the programs run the gamut of from pre-natal classes and postnatal support groups to nutritional leadership, homelessness and housing strategies. A community club serves as an employment program that provides food to all the children centers. The 36-year-old works frequently with city officials and government policy makers advocating for funding, making presentations, leading discussions and promoting the Y's work.

She doesn't get exhausted easily.

Without the slightest hint of arrogance, she smiles and says, "I'm the expert."

She's the type of person who makes you feel instantly at ease, yet when she's fired up about a cause there's no stopping her.

"I have things to say and they need to listen. We do the work for them and we also give them that impact so they can talk about (what's) happened in their community that it's as much doing that (work) and giving them those stories."

ACTION BOOKS

Dodge's focus on health and life now goes back to a childhood of fond memories at YMCA summer camps and swimming lessons.

"I was very lucky to have people (in my life) that believed in youth having positive exposure."

Continued on Page 10

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I found myself using the Y values of respect, honesty and responsibility.

— Dean Dodge



Jordan's brother, Dean, at the Saskatoon YMCA. Dean Dodge, centre, says he benefited from a Y camp sponsorship program when he was a child. **PHOTOGRAPH BY JORDAN DODGE**

Now, he wants to provide those same activities to children in Saskatoon, like the Y's sponsorship programs. The Strong Kids Campaign raises money to fund thousands of local kids to camps and youth programs and provide educational family gene needs/wages.

As a boy Dodge benefited from a Y camp sponsorship program. His single mom was raising three boys, and didn't have a lot of extra money.

"The camp was the first place that I felt confident and trusted and was able

to really develop and express who I was," says Dodge.

Like Cosner-Bendish, Dodge also worked at Y summer camps. In 1981, he joined YMCA Canada on an international youth exchange to Thailand, where he learned how the Y operates globally.

"That really changed my view and increased the value in my mind of the Y. Not everyone needed the camp experience or swimming lessons, but the other things that the Y can provide."

It also led him to realize he should work for the Y. He worked in youth/leadership programming for the Regina Y in 1990. Since then, his career has always been about youth. He taught Grade 8 for a number of years in Regina as well.

"I found myself using the Y values of respect, honesty and responsibility. We always focused on healthy living, especially for the girls," he says of his years as a teacher — teenage girls often strap being physically active as they en-

ter high school.

"We wanted to make sure they knew it was fun, they were good at it and there were many ways to do it — not just all ups and push ups. We did a wide variety of things."

Female students also needed more encouragement in math because a lot of them were saying they weren't good at it or didn't like it.

Dodge says pop culture doesn't help either. A T-shirt for young girls asked some interesting but poor because of its message:

The T-shirt listed school "math problems" with jeans brands. Flipping through, Dodge, with Math as the only box unchecked. A slogan at the bottom reads, "Well, you can't be good at everything."

Dodge carefully shakes his head. "It's a self-talking people say. There's no reason for it. That drives me nuts."

Randomly he says has made students often struggled with reading and writing, subjects he strives to make appealing for them.

Saskatoon is changing in a huge way and we need to change with them.

—Dodge



Director of member services Meagan Wells serves up some squash soup during the YMCA Saskatoon Strong Kids Kitch-off event. PHOTOS BY LAURENCE BOAS

COMMUNITY WORK

Coomber-Bendish is always searching for new programs but she also makes sure the Rotary Y isn't duplicating services. Through that process, she's realized the Y is not and should not be the "experts." The Y partners with a huge amount of non-profits in the Regina City.

"We're generalists in our department," she explains, pointing to the children and men's shelters

they run. " (And) we set ourselves up to be a support network for other community organizations."

Devlin Williams oversees the Y's homelessness partnering strategy. He's also a longtime YMCA employee and a former Camp Y. He is co-ordinator, which is where he first met Coomber-Bendish.

"She'll look at something and say it doesn't fit. We don't want to stretch ourselves too thin."

Of all the Y's programs,

Coomber-Bendish says, the aboriginal leadership one has had the biggest impact.

"I've seen the kids participate in it and really change the course of their life as a way that has allowed them to take an opportunity."

The drop-in program for 12 to 18-year-olds runs twice a week during the school year. Along with leadership, personal and work skills development, there's a cultural part on the reserves where

students go for events or to talk to an elder.

The program starts at 6:30 p.m. but they'll often come right after school to work out, go on the computers and hang out with staff.

"It isn't the easiest group to work with, and lots of them are very transient. But they always just seem to come back here. That sense of belonging (the kids have) here is something I'm very proud of," says Coomber-Bendish.

An outreach program runs at Albert School in Regina's North Central neighbourhood. Y employees work with small groups of kids on their academic and social skills while teaching them about nutrition. They even go swimming once a week.

"We try to bridge the gap between parents and schools and making sure we're building those relationships," says Coomber-Bendish.

Continued on page 16

That really brings to the front of the Y that we're about healthy people and getting everyone involved.

—Dodge



CEO of Skunktown's Tami Deen Dodge is making plans for the building's future. He says it must remain an anchor in the downtown core and provide room for other uses. (Photo by Kaitlyn J. King)

BUILDING A HOME

The Regina Y's homelessness partnership strategy has been a success. The Y administers federal government funds to frontline organizations. They also advise and help with housing and building partnerships. All the resources, including a street survival guide map, are available at www.reginachallenge.ca.

"No instead of taking money and building another shelter, for example, instead we'll let this other role to help support smaller community organizations who do that work already so that they can build a shelter and continue to build strength."

That way of thinking has been a

shift for Councillor Berdman who has seen the majority of her work move from frontline programming to the Y's supportive role. It's a model Dodge will follow while implementing community development programs in Skunktown.

"It's looking at the way we can collaborate and partner with people," she says.

The Regina Y's 30 staff members in community development are a young group. It's also a highly skilled and motivated workforce passionate about making a difference.

At Camp To Walk, Councillor Berdman's skills, talents and personality were valued — being looking to hire young people should take

note.

"When that sense of value is there, the possibilities are endless. It's not anyone about how much we get paid working in a non-profit, there's something else there. It's really empowering."

"Her approach has always been to believe in the people she hired. And that's a pretty cool feeling to an employer — to have an employer who feels like you have the skills and ability to run a program effectively without a lot of micromanagement," says Williams.

In Skunktown Dodge is settling into his new role and taking stock of what best suits the community and how the Y can build that role for

people in the Regina Y's second location in the city's north end, saying there's potential for that as Skunktown. While the Y will always adapt to its neighbourhood, "We need to be an anchor in the downtown."

While for other a move or a new building are happening but the stage it will take has not been confirmed. He knows more, childcare spaces are needed and says a new building would make that task easier.

"That's probably the best way to reorganize the downtown and the health of this area. Children's downtown is underserved," he says.

The Skunktown Y's childcare centre will soon be moved to a new building on 30th St., a partnership

between First Skunktown and the Kananaskis Club Dodge says the holistic, community-oriented approach of this project is a perfect fit for the Y.

"Skunktown is changing in a huge way and we need to change with them," he says.

In the meantime, Dodge will strengthen all the health and fitness programs, providing more options for classes, additional equipment and functional training. First like it to be the first thing visitors see.

"That really brings to the front of the Y that we're about healthy people and getting everyone involved."

kaitlyn@thetopline.ca
Photo: Kaitlyn J. King

NEXT WEEK: What are your thoughts on breastfeeding? Do you judge moms who don't? Email bridges@thestarphoenix.com

These parents and their children have been selected for the "Parent to Parent" column. If you have a story to share, please email it to bridges@thestarphoenix.com.

PARENT TO PARENT

Each week *Bridge*, in connection with *SaskatoonMoms.com*, gathers advice from parents to share with other moms and dads. This week we asked:

How did you choose your child's daycare/babysitter?



"Daycare was chosen by location and availability. We needed a reliable babysitter but it was just not reliable enough and daycare was the best option. The daycare has turned out to be the best place for the kids. So much structured activity and plenty of staff to keep an eye on everything." — Carla Cordeiro

"Tara on Pajji — once we placed an ad for a nanny and another later we looked at posted ads for home daycare. Both seemed very successful!" — @CChaudhryva Twitter

"In the past when we used nannies, we would interview potential nannies, get references and visit the place where the baby would stay or have potential nannies to our home. I am pretty picky and very cautious when accepting people as I wanted to feel safe and reassured with where they would be going who would be watching them and where they would be treated. We no longer use daycare of any-kind and only have great sitters come, switch the baby in our home once in a while for us to go out for a night and I am thankful for that!" — Shelby Lashore

"There is no one size fits all. They all have to know

how to use our baby Ziploc so they get used to it to be careful!" — @Mia Nicole, Myra Twitter

"Usually through other people's recommendations and their experiences. It is really hard to find reputable babysitters. And you are leaving your precious children alone with them. If I did not have any back ground info, I would choose to send the child to a camp. I'm not alone along cheap and I understand can be established. Kids like Facebook... so that would be my first stop!" — Alyssa Gonschke

"Year to the year we always chose family to care for our boys because we felt safer leaving them with someone we knew especially since one of our sons has communication difficulties. When family no longer was an option we relied heavily on personal recommendations from friends and general "gut feelings" during interviews. I can say without a doubt I'm completely paid off because our sitters are an absolute gem!" — Michelle Goodrich

"Based on availability, location, compatibility/home visit, and price. Each factor has an independent veto power." — Judy E

Authentic Amish Cooking



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Baked Potato Spears

5 cup. Potatoes
1 T. Oil
1/4 t. Garlic Powder

1 tsp. Onion, chopped
1 t. Seasoned Salt
Pepper to taste

Oil potatoes longwise like french fries. I usually use a baking bag and add all ingredients. Shaking well to coat potato. Place bag on a cookie sheet spread out potatoes as much as possible. Bake at 350° until tender.



Strawberry Jam

2 C. Strawberries
4 C. Sugar

1/3 C. Pectin (bulk)
1/4 C. Water

Wash strawberries and mix together with sugar. Let sit for at least 15 minutes in a small pot. Boil together pectin and water. Add and mix well. Then pour into sugar mixture. Stir until it reaches together. It will thicken as it sits. Stir at 10 min. It will thicken in 15 hours. Then freeze or refrigerate. I put jars in past night only.



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FASHION YXE

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#SASKATOON STYLE

Lindsay Adams: Her high-energy, metallic rock style

By Michelle Berg

As the front woman of the band The Department Heads, Lindsay Adams chooses to wear clothes that are flashy and fashionable.

She describes her style on stage as exaggerated, metallic, sexy and over the top.

"When you're in a high-energy rock band and you're fronting it, you have to be high energy."

Adams is a fan fan of finishing pieces, including coats, blazers, belts and scarves.

"That's what takes your outfit from ordinary to extraordinary."

She draws her fashion sense from the women that surround her.

Her group of friends meets up with bags of clothing, as they went, tries on each other's stuff and trades up. Any thing that isn't taken home is brought to the Salvation Army.

"The more people you have the better. Different body types, age groups."

Adams is inspired by the 1970s style trends, back then it was still OK to have hips.

"When I look at the world around me, anything other than being useful is unnecessary as I have to rock either decades where that isn't the case."

The Rosebud Boutique Club performance dress is a big inspiration to Adams for that reason.

You can find Adams, searching the racks for hidden gems in thrift stores, around the province. It's her favourite thing to do with her mom.

"I love to look good for very little."

Along with Adams' electric eyes and Joan Jetta hands she is also recognized for her killer blazer and eagle tattoos.

She has three food tattoos commemorating the three years she went to cooking school — the other two being cherry pie with ice cream and corn on the cob with butter.

Outfit:

1. TATTOOS Iliac and eggs, cherry pie with ice cream and corn on the cob with butter. Former Red Seal chef turned tattoo artist Chae Ivers from Ink Addiction.

2. EYE MAKEUP Blue from black. Makeup center in the Bay.

3. HAIRCUT Spectrum Salon hair stylist Shelby Gaudin. "Powder Blue lived longer and just plays. I admire her style. I got my hair cut this week and wanted to look like Joan Jetta."

4. BROACH Gift from best friend Megan.

5. GOLDEN SHIRT Opportunity Shop YWCA charity. "It's always a good rule."

6. VEST Salvation Army in Kamloops, B.C.

7. JEWELRY From different thrift stores. "I assure you my underwear wasn't purchased from a thrift store."

8. SKIRT Clothing exchange.

9. TIGHTS Duplicates.

10. SHOES Salvation Army Thrift store in Calgary (her mom found them).

BRIDGES PHOTOS
BY MICHELLE BERG



EVENTS

MUSIC

Wednesday, March 3

The RockiesBeds on Broadway,
517 Broadway Ave.

Thursday, March 5

**Lazy Antisocialism w/ Rip
Morris and Kacey Hughes**Credit Union Centre,
30 St. Thomas Ave.**Erin McNessy**Crackles Restaurant &
Lounge,
1-227 Pinthouse Dr.**Feuding Fiction**Beds on Broadway,
517 Broadway Ave.**Wake Owl w/ Lyon
Angus Catrino**

632 10th St. E.

**An Evening for
Somers Van Zandt**Vanessa's Tavern,
601 Broadway Ave.

Friday, March 7

Highly RichBeds on Broadway,
517 Broadway Ave.**Piano Friday w/ Ross
Hyperserk****Rip Band Series: The U of S
Jazz Ensemble**The Basement,
202 Fourth Ave. N.**Dan McConville**Army and Navy Club
399 First Ave. S.**The PabstPops '80s and '80s**Thanks to Patsy Cline and
Jenny Lee Lewis w/ EnglishMukata Legion,
3031 Louise St.**League of Nations**Toon Town Tavern,
3330 Fairchild Dr.**The Hallmark's Children**
Makelly Robinson,
2130 Eighth St. E.**Relph's Raylen Kings**
Fairfield Seniors Centre,
103 Fairmount Ct.**Insurance Paintings w/**
Black Tremor and MukataAngus Catrino,
632 10th St. E.**Raajo Van**
Pizziz Pub & Grill,
1403 Midway Dr. N.**Alecia Norwood and Rephold**
FreemanVillage Gutter & Amp Co.,
432 20th St. W.**Jett Sun**
Star's Place,
106-110 South St. E.**Man Without Shame**
Beds on Broadway,
517 Broadway Ave.**Beets Series: The One's**
The Basement,
202 Fourth Ave. N.**Dan McConville**
Army and Navy Club,
399 First Ave. S.**The Rhythms**
Mukata Legion,
3031 Louise St.**Leon Ocha**
Downtown Legion,
604 Spadina Circle W.**No Heavy Trio**
Makelly Robinson,
2130 Eighth St. E.**Revel Circus w/ Friends of
Poni**Louis' Pub,
93 Campbell Dr.**Fin's 10th Birthday w/ Back
of the Bus**Fin's 10th Bday,
536 Spadina Circle E.**Gemma and Smith w/**
Golden Night of the Year
and Megan MouchAngus Catrino,
632 10th St. E.**Raajo Van**
Pizziz Pub & Grill,
1403 Midway Dr. N.**Jett Sun**
Star's Place,
106-110 South St. E.**The Rhythms**
Mukata Legion,
3031 Louise St.**Feuding Fiction**
Beds on Broadway,
517 Broadway Ave.**Jett Sun**
Star's Place,
106-110 South St. E.**Man Without Shame**
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Poni**Louis' Pub,
93 Campbell Dr.**Fin's 10th Birthday w/ Back
of the Bus**Fin's 10th Bday,
536 Spadina Circle E.**Erin McNessy**
Crackles Restaurant &
Lounge,
1-227 Pinthouse Dr.**The PabstPops '80s and '80s**
Thanks to Patsy Cline and
Jenny Lee Lewis w/ EnglishMukata Legion,
3031 Louise St.**League of Nations**
Toon Town Tavern,
3330 Fairchild Dr.**Centre East Gallery**
Until March 9 at The Centre
Displays by the Saskatoon
Scale Modellers in Royal
Gallery Jade Gallery, Amber
Gallery, Sakura Gallery and
Crimson Gallery, display
by the Ukrainian Canadian
Congress and the Saskatoon
Public School Board in the
Saskatoon Public School
Banks in Magenta Gallery**Green Ark Collected Home**
Until April 25 at 212 20th St.
W. Andie Nicole: "Works of
Art: Reception March 15,
7 p.m.**SCVP Gallery**
Until March 21 at 2537 10th
Ave. S. Heartbreak & Birth by
Silvana Shamand Angelina
Husman, works exploring
affluent emotions, states of
mind and experiences.
Reception March 15,
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Until April 25 at 212 20th St.
W. Andie Nicole: "Works of
Art: Reception March 15,
7 p.m.**SCVP Gallery**
Until March 21 at 2537 10th
Ave. S. Heartbreak & Birth by
Silvana Shamand Angelina
Husman, works exploring
affluent emotions, states of
mind and experiences.
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Westham**
Until March 20 at 701
Railway Ave. in Westham.
All Rights Reserved. An
evening of installation
of pencils of stone fabric that
each represent a single living
being, kept and maintained by
Martha Cole**Handmade House Showcase**
Until March 31 at 710
Midway Ave. East the
Winter Blues: A group show
featuring the variety of crafts
members create.**Black Space Gallery**
Open through the winter
at Northside Antique on
Highway 2 After Glow,
a photo show**Affinity Gallery**
**[Saskatoon-Hawthorn Craft
Council]**
Until April 12 at 810 Broadway
Ave. Westside Art Works
Share new and old
Saskatoon-Hawthorn
Crafts on Oct. 26, 30 U.
Reception April 12,
2 p.m. to 4 p.m.**St. Thomas More Gallery**
Until April 20 at 1437
College Dr. Collaboration
10th annual USCAD &
Instructional and certificate
students' exhibits.**The Spring Collection**
Until April 30 on the
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Rebecki Gilmartin, Michael
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What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

ALL PHOTOS COURTESY OF THE ORGANIZATION UNLESS OTHERWISE NOTED

SPECIAL EVENTS

Men's Cooking: Pregnant Soups and Sandwiches

Four sessions: March 5, 12, 19, and 26, 4 p.m. to 6:30 p.m., at Grace-Woodman United Church, 505 10th St. & Vista. Day the Saskatoon Council on Aging. Basic knowledge and skills to prepare simple meals for one or two.

20th Annual Greek Dounast Feast

March 5, 6 p.m. champagne reception, 7 p.m. traditional Greek dinner, at Menos Restaurant. Hosted by the Royal University Hospital Foundation. With traditional Greek music and dancers, and a chance to win a trip for two to Greece. Funds raised support RUH Foundation's Campaign for Royal University Hospital.

Don's Joseph

March 6, 5:30 p.m., in Room 151, John Michael Building, U of S. Standing Up and Speaking Out. Engaging with the [his] story of Indigenous Australian performance. Jazz, a theatre director, and reviewer, journalist and writer, discusses Indigenous Australian performing arts practices.

Fundraising Dinner

March 7, 5 p.m. reception and 6:30 p.m. dinner, at the Western Development Museum. Hosted by Saskatoon Grandmothers & Grandfathers. With keynote speaker Dr. Carolyn Goodie and MC Brenda Baker. In support of The Stephen Lewis Foundation, supporting African grandmothers caring for AIDS-affected grandchildren.

KanFest 10th Anniversary

March 7, 5:30 p.m., at the Red Lion Hall. Hosted by the U of S Ecology Club. With a speaker and a speaker talking about the importance of the Kanderdine campus. Raising awareness of the disease of the Kanderdine campus and exciting students who were affected. For tickets or information visit the Ecology Club.

Annual University Family Cill

March 7, 7:30 p.m., at St. Joseph's Parish Hall. Hosted by the Irish

cultural organization Comhaltas Ceoltóirí Éireann. An evening of Irish music, dancing and song. With live music from Comhaltas, entertainment by local Irish dancing schools and a variety of traditional Cill dances for all to join in. A live and Irish music will be available.

Kristal Concert

March 7, 7:30 p.m., at St. David's Trinity United Church, 3241 Merritt St. Three brothers — the Lember family — who excite music genres of music including R&B, pop, gospel, urban and world. Fireworks donations go to World Vision.

18th Annual International Mother Language Day Choral Concert

March 8, 3 p.m. to 5 p.m., at Aden Bowen Hall, St. John's Basilica Theatre. Hosted by the Saskatchewan Irish Community Association. A colourful event with a variety of cultures, songs and clothing. With performances by Saskatchewan Multilingual Schools.

Hypnotic: Night Out With Carole & Mark

March 8, 9 p.m. dinner, 8 p.m. hypnosis, at The Ivy, 301 Ontario Ave. Raising funds for the Saskatoon Crisis Nursery. With door prizes, a silent auction and a photo booth. Visit www.saskatoonhypnotic.com

Musics to Great Britain

March 8, 7:30 p.m., at TCU Place. Saskatoon Symphony Orchestra. Gogo Masters Series. A celebration of choral music and British composers, endorsed by The Canadian of Great Britain. Featuring Saskatoon Chamber Singers, Saskatoon Christian Singers, University & Community Chorus, soprano Monica Hutcheon, and baritone Peter McElroy. With works by Bruckner, Britten and Vaughan Williams.

Ukrainian Concert

March 8, 7:30 p.m., at Lakeview Church. Presented by the Ukrainian Canadian Congress — Saskatoon Branch. A 20th anniversary concert in honour of the band Tsvet Shevchenko. Chorus, dancers, musicians and soloists. Free entry welcome. For information call 306-376-1675.



Canadian Opera artist, actress and author, P.O. Quinn. Above plays Broadway Theatre on March 10. Photo by DARRIN CALVERT. PHOTOGRAPHY

International Women's Day Lunch

March 8, 11 a.m. at Louie's Pub, 53 Campus Dr. Hosted by the Saskatoon Women's Community Coalition. Featuring a buffet meal, performances and a speaker. The theme is ending violence against women and girls. Call 306-365-6590.

Tha.pati's Irish Band

March 9, 7:30 p.m., at Broadway Theatre. The fiddle, electric piano, guitar, singer/songwriter performs with her band. Bassist and class harmonica (sax) player Cady Walker and guitarist Hayes Griffin.

Buffy Sainte-Marie

March 10, 7:30 p.m., at Broadway Theatre. Featuring a three-piece all-Aboriginal band from Manitoba, Leroy Carleton on drums and vocals, Jesse Green on guitar, and Mike Brunet on bass and vocals.

THEATRE

Blank

March 5-8 at Studio 504, 564 16th

St. W. Presented by Saskatchewan

Movie Theatre Company With 2013-14 Circle of Voices. A poetic story of love for our relations, played with the same fervour and celebration with which we see a newborn (swat, hbling and flowing like the great North and South Saskatchewan Rivers, calm at points, treacherous and wild as glaciers from the west.

SPORTS

Winter Senior National Driving Championships

March 6-9 at the Shaw Centre, 122 Bowell Cres. Drivers from across Canada compete for a spot on the national and international teams competing at this year's World Cup, Canada Cup, USA Grand Prix, Puerto Rico Grand Prix and Russia Grand Prix.

Event listings on a free smartphone app offering updates. Listings will be posted at go.to/bridges

ON THE SCENE

#TELEMIRACLE 38

As they have for nearly four decades, this weekend's Seaketchers peeped into the challenge to "ring those phones" during Telemiracle 38.

All these years, the Kinnamen Foundation has united Seaketchers in support through the Telemiracle fundraiser, which helps Seaketchers with accessibility and medical needs. This year was no different. Though the telethon took place on a stage in Region (returning to Seaketchers next year), it yielded to 385,354 in donations from across the province and beyond in just 20 hours (starting at 5 p.m. on March 1 and wrapping up at 5 p.m. the next day). All money raised stayed at the province.

The celebrity cast included Seaside Street star Bob McGrath, who has co-hosted almost every Telemiracle, and his adopted Boney Marlowe, as well as Brad Johnson, Andrea Minerva, Danny Renshaw, Josh Maheswaran and others.

Current comic with their parents in their fancy locuses. (From left) Ben, Jake and Brady.

3. Amanda Brode (left) and Cindie: Boney of the Broadway Kid Club on the phone line on the stage.

3. Long time host and Telemiracle legend Bob McGrath.

4. Performer Chad Bowles.

5. Region guitar wizard Jack Sempie plays in the orchestra pit.

6. Performer Brad Johnson.

7. Telemiracle cheer Glee Shunstaff (center) with Kim co-ordinator Raylene Nicholson (left) and Maria Morag.

8. Little Miss Higgins (left) and Andrea Minerva.



1. The Webber brothers from Seaf.



BRIDGE PHOTO BY ERYAN SCHLOSSER



#TELEMiracle 38



9. Cornnach Win Club members man the phones.

10. Donny Pantabou signs an autograph.

11. The Holston family hands over a donation of more than \$100,000 to Society Malwood and Leah-Gentile, an heir of their aunt Davis Calabrese.



#CROSSWORD

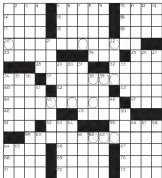
NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Part of one class
2 Usually depressed
3 Compressed etc. of a sort
4 Let off
5 Brief consolation
6 Grocery fixture
7 Tap view
8 Set 22 down
9 Hoagfish's habit
10 A general and his country
11 Loaded with scaled ones
12 Title for a 2D holder
13 Inevitable social habit in American press (repeated)
14 Clunker as a sort
15 Promise as a verbiage phrase
16 Tugboat on rotary phones
17 A houseplant and his neighbor
18 Cow like a 2D holder
19 The case of 1955 and 1962
20 Giga resort area
21 A comic and his partner show
22 Kinky cash
23 Cassio's full
24 Gasp of irritation
25 Latin who is left confused "Narcissus"
26 Part of a battle
27 A president and his cabinet
28 Address of "Emerson"
29 What "yuppie" means
30 When a long time
31 ... after
32 First part of most Shakespearean sonnets
33 Away from the wall
34 Like candy corn
35 "Buddy"
36 Veterans' golf partner
37 Nintendo game brand

DOWN

- 1 Impending feud
2 What ... game will game?
3 Bertha's land
4 Bitter staff trials, informally
5 Avoid after "take" or "give"
6 New Haven colleague
7 Kinky candy store (TM)
8 Communications center
9 Erection of grassy mound
10 WTC
11 Area up
12 Popcorn "gift" for 2011
13 Classic muscle car
14 V.I. be used
15 2013-2014, an old for-for beauty



PUZZLE BY MICHAEL BLOOM

- 26 Wings of myth
27 Scandinavian company with a retail fit
28 Joy Adeline's big cat
29 Obsessed to in direct
30 Classifications
31 Near loss
32 "The last" (TM)
33 "The last" (TM)
34 "The last" (TM)
35 "The last" (TM)
36 "The last" (TM)
37 "The last" (TM)
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#JANRIC CLASSIC SUDOKU

Least Silver

Fill in the black cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (lowest) to Silver (highest).



Solution to the crossword puzzle and the Sudoku can be found on Page 23.

GARDENING

SHADE ANNUALS

Tuberous begonias — your grandma's favourite is still a winner in the shade

By Erl Svendsen

When it comes to a shady or north-facing garden bed, there are few annuals that outshine tuberosa begonias (*Begonia x tuberhybrida*) with their brightest yellow, pink, scarlet, orange or white flowers. Leaf colour ranges from light to very dark green. You'll think the dark green would make the plants disappear into the shade, but to the contrary, they really help to set off the brightly coloured blooms. Flower form varies from single to double flowers, tulip form, frilled, carnation form, auricula form and more. Depending on the outline of the plants the statistics can be tall, bushy or compact. A few dainty forms are also available, ideal for hanging baskets or cascading over a wall.

They are widely available as fully grown plants in spring, but if you're starting your own, now is the time to get going.

Dormant tubers can be purchased from most garden centres now. They have a rough, brown surface and resemble a large, round, brown, garden marigold — rounded on bottom, slightly hollow depression on the top. Root around the base to find the long root tubers. If you are buying different colours or different pot sizes in separate labelled bags. Otherwise, they may be responsible to tell apart until they start flowering.

When you get them home, sink the tubers rounded end down in a flat of moist well-draining potting mix. The top or crown (i.e. hollow depression) should not be covered. Keep the soil moist, but take care not to get water in the crown — that may cause rotting. Good temperatures (16°C to 20°C) are best. After four weeks, you should have two or more new tiny plants and some leaves. At this time, carefully dig them up and put them in their own 16 cm pot. Use a well-draining potting mix as before and cover the tubers with 1 to 2 cm of mix. Keep the growing plants in moderate light

(never full sun).

They can be moved outdoors in June after all chances of frost are past. When digging into the ground, take care not to disturb or damage the root system. Some can be tolerated outdoors if it is early morning or early evening sun. Any more will scorch the leaves. Begonias like evenly moist conditions but not wet. During excessive hot and dry periods give your begonia a light water spray to improve humidity. Staking may be required to support late varieties or if your beds are in a windy location, especially during periods of heavy bloom.

During the growing season, you may encounter a few problems.

Problem: Root rot, botrytis, and it is too wet or too dry. Live on soil moisture.

Prevention: Use many leaves/low first flowers. Reduce water. Plants are being overfed. Moderate fertiliser.

Problem: Stem rot. Botrytis. Do not touch. Reduce watering.

Prevention: Pruning early on when on lower foliage. Dead with fungicide (e.g. chemical spray). This will not cure infected leaves but will prevent spread. Increase airflow and avoid getting water on leaves when watering. Remove badly infected leaves.

To save yourself some money for next year, tubers can be stored over winter. In late August, gradually reduce watering. Remove the first killing frost, dig up the tubers, leaving as much soil attached as possible. Cut the stems to 10 to 15 cm. Store them in a dark, dry location (do not water) to promote tuber maturation. After a few weeks the stems should be completely withered and easily removed. Carefully remove all soil. To prevent fungal disease during storage, dust them with sulphur dust (use gloves and a surgical face mask as a precaution). Store them in dry peat moss or any dry well-draining potting mix at 5°C to 10°C until next February when you can start the whole process again.



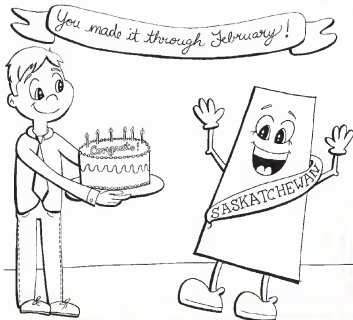
March is an ideal month to start tuberous begonias like the ones pictured above. Photo: Courtney O'Brien/CC-BY

Upcoming workshops

March 6, 7 Jani Lyden-Peterson, retired horticulturalist and CBC garden guru, for four workshops: Using colour on the garden, Gardening 101, Spring, Integrated food gardening, and the art of blue flowers. Call 360-966-5535, email mason@greenesigns.ca or visit <http://www.greenesigns.ca/horticulture> for more information or to register.

This column is provided courtesy of The Garden of Eatin' Periodically (www.gardenofeatin.com), www.gardenofeatin.com.

OUTSIDE THE LINES



Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to brides@thestarphoenix.com. One winner will be chosen each week.



Last week's contest winner is Grace Ego-Yerkes, age 6. Thanks to everyone who submitted entries!



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
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or visit Bridges on Facebook.

SASKATCHEWAN FOOD TRENDS

Comedian seeks prairie food adventures in series

By Jenn Sharp

A small town Saskatchewan boy wants restaurants on three seasons previous to unearth the best hidden gems for the camera. It's a month-long recipe for success and watch top The Prairie Dinner will make you want to take a road trip. But it might just be to somewhere close.

Host of the City Saskatchewan and Food Pictures series Jody Peters says we all have a domestic rebel side, but we don't always search for something new. Take the vibrant Blueberry & Fresh Market in Shawano, Sask. Chef Gordon Thibault cooks up a slow roasted beef tenderloin, so good it sells out every night. Blueberry is just one of the region's restaurants that's worth the drive.

JENN SHARP: Why did you want to do this series, Jody Peters?

JODY PETERS: I have new opportunities I see down here for 16 years and moved since 2006. I'm a guy who grew up in the '70s and '80s when the term ADHD didn't exist yet but I would have totally been diagnosed with it. This place into that. There's a new place every single time we shoot - new restaurants, new chefs, new people, new scene. That's what I love about it.

JS: Is there anything you won't eat?

JS: No. I'll try it all, for sure. But I'm definitely not an eat something on a dare type of guy. There was a number of things on the show that were not what I would choose.

JS: What was the grossest?

JS: Well, nothing was gross but one of the strangest - we had duck foot



Jody Peters hosts City Saskatchewan and Food Pictures series. The Prairie Dinner series will make you want to take a road trip. But it might just be to somewhere close.



One of Jody Peters' favorite dishes on The Prairie Dinner series and cured scallops served with Buffalo cheese, grilled asparagus, mushrooms and fermented garlic ash from Deer + Almond in Winnipeg. Submit this photo.

going to be later at all.

And then you're gotta deal with all these bums - the fast lanes. We're looking for places to get homes out and thinking: Should I do this on camera? This is going to look bad. Then one guy told me to put the whole thing in my mouth. I'm not doing that. I would feel bad if I had to spit something out if it didn't fit in my mouth.

JS: What drink do you still think about?

JS: There were some amazing scallops I had at Deer + Almond in Winnipeg and a steak at the Olive Tree points of Saskatchewan. Steak, you know what you're getting but it created this amazing combination of textures and chocolate and on the house and chila, finished with rose and wine. It was wild. That was an amazing drink.

I've had scallops creative times

but this guy (Michael) Hickey had cured the scallops in hardwood ash in his smoker. Then he took the ash and cured the scallops in that for days. We tasted them lightly on each side and put a fermented garlic rock on there. It was a huge success. We were hanging out and whelping, my arm was getting tired. It was casual. It was much harder than I thought it was going to be.

JS: The Prairie Dinner is described as a food adventure series. What was the best moment?

JS: The Grizzly House in Banff. You can have any kind of meat you want - finger, lips, rattlesnake - and it tastes good. That was a wings-in-the-back in the day. Every table had a phone at it and on your menu there was a directory for the other tables, so if you saw a nice looking lady, you could call her. These hilarious hot chicks of girls came out and

you put garlic butter on it, and you cook your meat.

JS: Where did the favourite moment of the show happen?

JS: Food trucks had just started up in Saskatchewan so we went to Dinos Dogs. The real business comes at night, after the bar. That's when they go out the disco hall and the music is pumping. By chance, it was a male stripper night. We were out in the parking lot. All these ladies coming out of there have been watching strippers and they wanted a hot guy. These women were hawking, I don't know if we'll be able to say any of that footage but it was hilarious.

The Prairie Dinner series was on City Saskatchewan through April on Thursdays at 10 PM MST.

The camera has been edited and condensed for publication purposes.

jody@thestarphoenix.com
Twitter: @JodyPeters

WINE WORLD

#IKELLA CABERNET SAUVIGNON

Warm up a cold commute with this Argentina Sauv

By James Romanow

In general, Cabernet Sauvignon is one of those grapes people like more in theory than in fact. There are people who adore the stuff, but for the majority of the population it is a little too strong. The success are strong and the wine becomes famous because it only arrived at about age 30. This gives the grape the cachet of the old wine and everyone rushed to drink the stuff — once anyway.

In recent times any amount of modern science has been thrown at the grape and the result is a drinkable wine at about age three (And, for those of you of scientific bent, No, that's Mybrasil recommends another 30 seconds in the blender.) Argentina, a country with as much more benign desert than California, has taken that information and run with it. They had the several quite mellow — the Cabernet — means that are drinkable young.

Ikella has mostly made its name here as a fine Malbec producer and have introduced a lower end label, Ikella to help those of limited means enjoy decent wine. The Cabernet SLGA staff assure me "It's losing off the shelf."

It's a fruity wine, full of pink and black cherry that is very appealing, but behind that there is some dryness and upper end a touch of earth. The tannins are however quite firm with a solid structure. If you are thinking of trying



a Cabernet or looking to like the stuff, this is a great wine to try.

The structure is sturdy enough for most people to love and the fruit enticing enough for those getting away from the "sauvignon" category. This is the perfect wine to warm you up after a cold commute.

Ikella Cabernet Sauvignon, Argentina, \$80-\$75.

I'm hosting a trip to Napa, Ikella at the house.com

Crossword/Sudoku answers

SALA	TRDUF	IPER
EMIT	LOSE	GAUT
ROBE	VITAE	HYPO
ULYSSES	GRANT	
MEATY	ISQ	ONE
SNEAK	UNFIN	
PRIS	ELGIN	RAYLOR
HONO	SINAL	CASEO
ADAM	ANDRILL	VEN
SIDIA	SALAS	WILLS
WODRON	MILSON	
DEBI	RATER	HOPE
KNOL	ACTUE	ALICE
WAXY	SAGRE	BAZR

3	5	1	2	8	6	9	7	4
4	6	9	1	3	7	2	5	8
7	8	2	4	5	9	6	3	1
9	1	3	6	4	2	7	8	5
2	7	5	8	9	1	3	4	6
8	4	6	5	7	3	1	2	9
5	9	7	3	1	8	4	6	2
1	2	8	7	6	4	5	9	3
6	3	4	9	2	5	8	1	7

Meewasin 

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Our official sponsors, the Saskatchewan Nature Society observation team, will record the time & date they observe the first official pelican arriving between the CPR Bridge and the weir.

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- Homeowners country Dan's Photo Shop Saskatoon An Overnight Stay for two at White Pelican Inn & Breakfast Saskatoon
- Homebased for Ocean Pelican Party for a school classroom
- A one year membership, water bottle and T-shirt courtesy of Wildlife Saskatchewan Society of Saskatchewan
- Grocery Certificate courtesy Pelican Market Saskatoon
- Free 1-day Wildlife packages including a folding chair, fishing gear, small binoculars, water bottle, and bird identification field guide courtesy Meewasin Valley Authority
- Interpretive Canoe Boat Charter for 3 in Meewasin 10 passenger canoe
- Gift Certificate to the Meewasin Gift Shop
- Meewasin Spring Meewasin Plant & Tree program
- Englewood Beach History International Peace Place Entry a PRIZ and limited to one guess per person. Contest ends March 31, or earlier, dependent on arrival of the official pelican. Enter online at meewasin.com To fax or email entries please include:

- Name, phone number and complete mailing address
- Age/sex/guess Day, Month, Hour, Minute, AM or PM

Meewasin Pelican Watch Contest 2014
Meewasin Valley Authority
452-114 Avenue South
Saskatoon, SK, S7N 3G2
Fax: 306-955-6177

Meewasin 

483 Third Avenue South, Saskatoon, SK S7N 3C1
Telephone 306-955-6144 or Fax: 306-955-6177
E-mail: meewasin@meewasin.com
Website: meewasin.com

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past arrival times visit our website at
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